



A MINUTE OF HEALTH WITH CDC

Shun the Sodas

Beverage Consumption Among High School Students — United States, 2010

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Ask any kid. There's nothing more refreshing on a hot summer day than an ice cold drink. But sugar-sweetened beverages, like soda or sports drinks, are high in calories and lack essential nutrients that the body needs. A recent CDC study found that one in four high school students drinks some type of soda each day and nearly two in 10 consume other types of sugar-sweetened drinks one or more times a day. These beverages can lead to excessive weight gain and obesity. A soda's OK once in a while, but parents should make sure that kids and teens drink plenty of water.

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